

TRAIL LONGO - STAGE 1

30 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	299	Romeu Outeiro	individual	Senior Masculino	03:35:34	+01:07:36	07:11
88	267	Carlos Carola	individual	Senior Masculino	03:35:42	+01:07:44	07:11
89	181	Paulo Gomes	coimbra trail running	Veterano M50	03:35:49	+01:07:51	07:12
90	372	Hugo Mendonça	inijovem - nisa	Senior Masculino	03:36:07	+01:08:09	07:12
91	463	Luís Ricardo Tavares Teixeira	rufel trail	Senior Masculino	03:36:23	+01:08:25	07:13
92	29	José carlos Narciso dos Reis	ac portalegre / utsm	Senior Masculino	03:36:25	+01:08:27	07:13
93	64	Hugo Rodrigues	arsm - associação recreativa de s. miguel	Senior Masculino	03:36:29	+01:08:31	07:13
94	288	Luís Escarameia	individual	Senior Masculino	03:37:15	+01:09:17	07:15
95	471	Marco Campos	tálenos team	Senior Masculino	03:37:21	+01:09:23	07:15
96	475	Joao Farinhas	tálenos team	Veterano M40	03:37:22	+01:09:24	07:15
97	137	António José Moreira Araújo	coa - clube de orientação e aventura	Senior Masculino	03:37:52	+01:09:54	07:16
98	217	Raquel Costa	gafanhori	Senior Feminino	03:39:48	+01:11:50	07:20
99	426	Tiago Mateus	o mundo da corrida	Senior Masculino	03:40:16	+01:12:18	07:21
100	119	Rui Martins	clac entroncamento	Senior Masculino	03:40:19	+01:12:21	07:21
101	503	Laurentino Martins	xanacabeleiros	Veterano M45	03:40:21	+01:12:23	07:21
102	325	francisco rodrigues	individual	Veterano M40	03:40:54	+01:12:56	07:22
103	78	Carlos Fernandes	as belas e eles	Veterano M40	03:41:15	+01:13:17	07:23
104	84	Nuno Venâncio	atr - algarve trail running	Veterano M40	03:41:47	+01:13:49	07:24
105	211	jose Freitas silva	fisio massagem	Veterano M55	03:42:35	+01:14:37	07:25
106	453	Marco Rosa	proaventuras	Senior Masculino	03:44:13	+01:16:15	07:28
107	28	João Farinha	ac portalegre / utsm	Senior Masculino	03:44:30	+01:16:32	07:29
108	32	Nuno Paiva	ac portalegre / utsm	Senior Masculino	03:44:30	+01:16:32	07:29
109	153	Antonio Carvalho	coimbra trail running	Senior Masculino	03:45:09	+01:17:11	07:30
110	458	RICARDO OLIVEIRA	psp viseu runners	Veterano M40	03:45:32	+01:17:34	07:31
111	418	Ricardo Nuno Tavares Xavier Sousa Valente	não fazemos nem mais um...km	Veterano M50	03:45:32	+01:17:34	07:31
112	60	Carlos Eduardo Vicente	arsm - associação recreativa de s. miguel	Senior Masculino	03:45:45	+01:17:47	07:31
113	292	Mário Madeira	individual	Senior Masculino	03:45:47	+01:17:49	07:32
114	230	Ricardo Ribeiro	ginasio fit4fun	Senior Masculino	03:45:52	+01:17:54	07:32
115	237	LUIS PINHO	ginasio fit4fun	Veterano M40	03:45:53	+01:17:55	07:32
116	195	Casimira Moura	dr. merino/nutrifit	Veterana F40	03:45:59	+01:18:01	07:32
117	187	António Moreira	deca runners	Senior Masculino	03:45:59	+01:18:01	07:32
118	433	João Marmelo	os trinca espinhas	Senior Masculino	03:46:04	+01:18:06	07:32
119	86	António Fraga Miranda	atr - algarve trail running	Veterano M45	03:46:07	+01:18:09	07:32
120	452	Marco Pinto	proaventuras	Senior Masculino	03:46:39	+01:18:41	07:33
121	196	Luís Carvalho	dr. merino/nutrifit	Veterano M50	03:46:44	+01:18:46	07:33
122	380	Bárbara de Carvalho Fernandes	juventude vidigalense	Senior Feminino	03:46:58	+01:19:00	07:34
123	428	Lícínio Sequeira	o mundo da corrida	Veterano M45	03:47:22	+01:19:24	07:35
124	105	Aníbal Godinho	caracol trail team	Veterano M50	03:48:12	+01:20:14	07:36
125	15	Susana Simões	corremos.pt	Veterana F40	03:49:16	+01:21:18	07:39
126	210	Bruno Simoes	fire team bvmc	Senior Masculino	03:49:32	+01:21:34	07:39
127	483	Pedro Jorge Ferreira Granadas	tough trails alenquer	Veterano M40	03:50:36	+01:22:38	07:41
128	206	João Carlos Pereira Girao	estrela campo de aviação fc covilhã	Senior Masculino	03:51:05	+01:23:07	07:42
129	192	Bruno Loureiro	dr. merino/nutrifit	Senior Masculino	03:52:22	+01:24:24	07:45
130	462	ivan rocha	rufel trail	Senior Masculino	03:52:23	+01:24:25	07:45
131	96	Rafael Gomes	caoh - clube atletico de oliveira do hospital	Senior Masculino	03:52:25	+01:24:27	07:45

TRAIL LONGO - STAGE 1

30 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	176	Tiago Santos Silva	coimbra trail running	Veterano M40	03:52:26	+01:24:28	07:45
133	414	PAULO AÇAFRÃO	mountain trails	Veterano M50	03:52:34	+01:24:36	07:45
134	417	Mário Alberto	não fazemos nem mais um...km	Veterano M45	03:52:44	+01:24:46	07:45
135	343	João Teixeira	individual	Veterano M45	03:52:57	+01:24:59	07:46
136	416	Sandro Jordao	não fazemos nem mais um...km	Senior Masculino	03:53:03	+01:25:05	07:46
137	63	Hugo Ricardo Alexandre Caldeira	arsm - associação recreativa de s. miguel	Senior Masculino	03:53:08	+01:25:10	07:46
138	489	Filipe Marques	turres trail team	Senior Masculino	03:53:15	+01:25:17	07:46
139	437	Joaquim Almeida	os trinca espinhas	Veterano M40	03:53:52	+01:25:54	07:48
140	216	jose luis carvalho pinto	fullmoto	Veterano M45	03:54:02	+01:26:04	07:48
141	423	Gonçalo Rodrigues	o mundo da corrida	Senior Masculino	03:54:04	+01:26:06	07:48
142	324	Elísio Ferreira Alves Gonçalves	individual	Veterano M40	03:54:07	+01:26:09	07:48
143	124	rute martins	clube de atletismo de ferreira do zêzere	Senior Feminino	03:54:07	+01:26:09	07:48
144	406	Tiago Lobo	montanha clube trail running/runners	Senior Masculino	03:54:22	+01:26:24	07:49
145	301	Sérgio Miguel Simões Gonçalo	individual	Senior Masculino	03:54:35	+01:26:37	07:49
146	81	Miguel Ribeiro	asss columbófila cantanhede - ar livre e aventura	Senior Masculino	03:54:52	+01:26:54	07:50
147	112	João Miguel Pedro	centro vicentino da serra de portalegre	Senior Masculino	03:55:06	+01:27:08	07:50
148	244	Bruno Marrão	go!runners	Veterano M40	03:55:22	+01:27:24	07:51
149	480	Mário Dias	tough trails alenquer	Senior Masculino	03:55:31	+01:27:33	07:51
150	351	Miguel Cruz	individual	Veterano M45	03:56:07	+01:28:09	07:52
151	297	Pedro Miguel Silverio da Cruz	individual	Senior Masculino	03:56:21	+01:28:23	07:53
152	157	Henrique Pinto	coimbra trail running	Senior Masculino	03:56:25	+01:28:27	07:53
153	108	Manuel Victorino	ccd alvitejo	Veterano M60	03:56:34	+01:28:36	07:53
154	341	Humberto Teixeira	individual	Veterano M45	03:56:54	+01:28:56	07:54
155	225	Tuxa Negri	gin qtª do valbom - aaalcochete	Senior Feminino	03:57:31	+01:29:33	07:55
156	85	Pascal Sebastião Rodrigues	atr - algarve trail running	Veterano M40	03:57:43	+01:29:45	07:55
157	138	Artur Jorge Nunes Oliveira	coa - clube de orientação e aventura	Senior Masculino	03:58:22	+01:30:24	07:57
158	393	ARETINO VIEIRA MOTA	linda a pastora sporting clube	Veterano M50	03:58:27	+01:30:29	07:57
159	129	Tiago Ramos	clube de atletismo de ferreira do zêzere	Senior Masculino	03:58:41	+01:30:43	07:57
160	221	Nélson Rodrigues	galhardos runners	Senior Masculino	03:58:54	+01:30:56	07:58
161	212	João Paulo Pires Batista	formobike btt & trail running	Sub 23 Masculino	03:59:32	+01:31:34	07:59
162	209	João Vaz	figueira kayak clube	Veterano M40	04:00:02	+01:32:04	08:00
163	374	Manuel Carlos de Almeida Rola	juventude cortegacense	Senior Masculino	04:00:05	+01:32:07	08:00
164	326	Hélder Batista Ferreira Piedade	individual	Veterano M45	04:00:24	+01:32:26	08:01
165	490	Diogo Maia	udr zona alta - torres novas	Senior Masculino	04:00:50	+01:32:52	08:02
166	56	João Domingues	arcude trail team	Senior Masculino	04:01:02	+01:33:04	08:02
167	67	Paulo Nogueira	arsm - associação recreativa de s. miguel	Senior Masculino	04:01:32	+01:33:34	08:03
168	356	Sérgio Anunciação	individual	Veterano M45	04:01:42	+01:33:44	08:03
169	269	Daniel Filipe de Jesus Batata	individual	Senior Masculino	04:01:51	+01:33:53	08:04
170	189	Sérgio Augusto Pereira Lima	domplex btt	Veterano M45	04:02:01	+01:34:03	08:04
171	363	Paulo Ferreira	individual	Veterano M50	04:02:22	+01:34:24	08:05
172	74	Horácio Ferreira	arsm - associação recreativa de s. miguel	Veterano M45	04:02:34	+01:34:36	08:05
173	498	João Miguel Plácido	união fci de tomar	Senior Masculino	04:03:47	+01:35:49	08:08
174	336	Rui Nascimento	individual	Veterano M40	04:03:58	+01:36:00	08:08
175	403	João Santos	mira q corredores	Veterano M45	04:04:05	+01:36:07	08:08
176	347	José Mário Simões Rocha	individual	Veterano M45	04:04:05	+01:36:07	08:08

TRAIL LONGO - STAGE 1

30 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	151	Luís Miguel dos Santos Emídio	coa - clube de orientação e aventura	Veterano M45	04:04:20	+01:36:22	08:09
178	205	Paulo Ferreira	estrela campo de aviação fc covilhã	Veterano M40	04:04:51	+01:36:53	08:10
179	110	André Relvas	centro vicentino da serra de portalegre	Senior Masculino	04:05:10	+01:37:12	08:10
180	438	Luis DAVID	os trinca espinhas	Veterano M40	04:05:11	+01:37:13	08:10
181	133	Pedro Miguel Nogueira	clube vodafone	Veterano M40	04:05:35	+01:37:37	08:11
182	348	Luís Faisco	proaventuras	Veterano M45	04:06:19	+01:38:21	08:13
183	188	Fátima Manuela Gomes Alendouro	desnível positivo	Veterana F40	04:06:31	+01:38:33	08:13
184	461	Hugo Miguel Moreira ribeiro	rufel trail	Senior Masculino	04:07:00	+01:39:02	08:14
185	186	João André	csrdota/anipura	Senior Masculino	04:07:06	+01:39:08	08:14
186	185	Elio André	csrdota/anipura	Senior Masculino	04:07:07	+01:39:09	08:14
187	190	Elisabete Vieira	dr. merino/nutrifit	Senior Feminino	04:07:25	+01:39:27	08:15
188	73	Pedro Amaro	arism - associação recreativa de s. miguel	Veterano M40	04:07:36	+01:39:38	08:15
189	470	Renato Ferreira	sport viseu e benfica	Veterano M40	04:07:42	+01:39:44	08:15
190	488	Marina Alves	turres trail team	Senior Feminino	04:07:44	+01:39:46	08:15
191	293	Nuno Filipe Santos Pereira	individual	Senior Masculino	04:08:13	+01:40:15	08:16
192	239	Pedro Carmona	go!runners	Senior Masculino	04:08:30	+01:40:32	08:17
193	90	Bruno Custódio	c.d."os águias" trail/running	Senior Masculino	04:08:57	+01:40:59	08:18
194	95	Nuno Paulino	c.d."os águias" trail/running	Veterano M40	04:08:58	+01:41:00	08:18
195	46	Renato Carvalho	adcr polícia judiciária	Veterano M40	04:09:27	+01:41:29	08:19
196	260	Paula Penedo	nucleo atletismo zona da aboboda	Senior Feminino	04:09:56	+01:41:58	08:20
197	410	Renato Miguel Fernandes Simões de Barros	montanha clube trail running/runners	Veterano M50	04:10:32	+01:42:34	08:21
198	277	Gonçalo Daniel Nunes Relvão Lourenço	farmácia luciano e matos	Senior Masculino	04:10:58	+01:43:00	08:22
199	425	Luis Manuel Silva	o mundo da corrida	Senior Masculino	04:10:58	+01:43:00	08:22
200	412	JORGE PEDRO	mountain trails	Veterano M40	04:11:12	+01:43:14	08:22
201	446	Tiago Batista	ozxtreme	Senior Masculino	04:11:38	+01:43:40	08:23
202	1	Arsénio Jorge Martins Fernandes	arism - associação recreativa de s. miguel	Veterano M60	04:12:31	+01:44:33	08:25
203	312	Susana de Jesus Pereira Soares	individual	Veterana F40	04:12:31	+01:44:33	08:25
204	388	Alexandre Miguel Serra Narciso	juventude vidigalense	Senior Masculino	04:12:34	+01:44:36	08:25
205	122	José Marçal	clac entroncamento	Veterano M55	04:13:33	+01:45:35	08:27
206	218	Álvaro Mendonça	gáfeterunners	Senior Masculino	04:13:53	+01:45:55	08:28
207	382	Jorge Luís Gonçalves Vieira	juventude vidigalense	Senior Masculino	04:14:40	+01:46:42	08:29
208	65	João Luís Lopes Simões	arism - associação recreativa de s. miguel	Senior Masculino	04:14:42	+01:46:44	08:29
209	451	João Narciso	pés troikados/cscs	Senior Masculino	04:14:44	+01:46:46	08:29
210	276	Filipe Ismael Maia Rocha	individual	Senior Masculino	04:14:46	+01:46:48	08:30
211	504	Fernando António Marques Pinto	individual	Senior Masculino	04:14:57	+01:46:59	08:30
212	439	Luis Filipe Chenrim Salgueiro	os trinca espinhas	Veterano M40	04:15:37	+01:47:39	08:31
213	44	João Pires	adabem running team	Veterano M40	04:15:52	+01:47:54	08:32
214	340	Gonçalo Valente	individual	Veterano M45	04:16:38	+01:48:40	08:33
215	40	RICARDO NUNES	acrm silveirinha claras	Senior Masculino	04:16:43	+01:48:45	08:33
216	175	Renato Ferreira	coimbra trail running	Veterano M40	04:18:03	+01:50:05	08:36
217	409	Rui Manuel Pereira Gaspar	montanha clube trail running/runners	Veterano M40	04:18:06	+01:50:08	08:36
218	21	Pedro Morgado	#projecto46	Senior Masculino	04:18:07	+01:50:09	08:36
219	378	Ernesto Marques Alves	juventude cortegacense	Veterano M45	04:18:23	+01:50:25	08:37
220	375	Ricardo Silva Machado	juventude cortegacense	Senior Masculino	04:18:25	+01:50:27	08:37
221	39	RICARDO LOPES	acrm silveirinha claras	Senior Masculino	04:19:54	+01:51:56	08:40

TRAIL LONGO - STAGE 1

30 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	274	Emídio João Câmara Correia	individual	Senior Masculino	04:20:02	+01:52:04	08:40
223	306	Vítor José Rodrigues Filipe	individual	Senior Masculino	04:20:02	+01:52:04	08:40
224	355	Rogério Cruz	individual	Veterano M45	04:20:02	+01:52:04	08:40
225	240	Ricardo Pebre	go!runners	Senior Masculino	04:20:42	+01:52:44	08:41
226	131	Jorge Louro	clube de montanha do funchal	Senior Masculino	04:20:47	+01:52:49	08:42
227	42	JOÃO SINTRA	acrm silveirinha claras	Veterano M55	04:21:07	+01:53:09	08:42
228	318	Adelino Manuel Paulo Carvalho	individual	Veterano M40	04:21:10	+01:53:12	08:42
229	106	Marcelo silva	carapaus de corrida	Veterano M45	04:21:31	+01:53:33	08:43
230	22	Hugo Carreira	a.c.s.m. - atlético clube são mamede	Senior Masculino	04:21:33	+01:53:35	08:43
231	1134	Filipe Cordeiro	extreme academy	Senior Masculino	04:21:35	+01:53:37	08:43
232	55	Gonçalo Rocha	arcude trail team	Senior Masculino	04:21:50	+01:53:52	08:44
233	284	João Pedro Gonçalves da Cruz	individual	Senior Masculino	04:22:04	+01:54:06	08:44
234	450	Bruno Julião	pés troikados/cscs	Senior Masculino	04:22:39	+01:54:41	08:45
235	72	Helder Sêco	arism - associação recreativa de s. miguel	Veterano M40	04:22:40	+01:54:42	08:45
236	300	Sérgio Filipe Frias Forte	individual	Senior Masculino	04:22:42	+01:54:44	08:45
237	321	Armando Loureiro	individual	Veterano M40	04:22:45	+01:54:47	08:46
238	182	José Camara	coimbra trail running	Veterano M55	04:22:53	+01:54:55	08:46
239	444	Luis Felicio	os trinca espinhas	Senior Masculino	04:22:56	+01:54:58	08:46
240	390	Humberto Barros	kaninos	Senior Masculino	04:23:23	+01:55:25	08:47
241	359	FERNANDO EDUARDO TEIXEIRA VILELA	individual	Veterano M50	04:23:30	+01:55:32	08:47
242	66	João Otávio Cruz	arism - associação recreativa de s. miguel	Senior Masculino	04:24:21	+01:56:23	08:49
243	309	Iete Gonçalves	individual	Veterana F40	04:25:11	+01:57:13	08:50
244	158	Hugo Bera	coimbra trail running	Senior Masculino	04:25:37	+01:57:39	08:51
245	160	Miguel Pimenta	coimbra trail running	Senior Masculino	04:25:37	+01:57:39	08:51
246	405	Bruno Marques	montanha clube trail running/runners	Senior Masculino	04:25:39	+01:57:41	08:51
247	183	Manuel Antunes	crivo	Veterano M40	04:25:55	+01:57:57	08:52
248	77	Ricardo Magalhães	as belas e eles	Senior Masculino	04:26:24	+01:58:26	08:53
249	164	Dina Rocha	coimbra trail running	Veterana F40	04:26:27	+01:58:29	08:53
250	177	Filipe Santos	coimbra trail running	Veterano M45	04:27:01	+01:59:03	08:54
251	254	Joana Isabel Velez Caroço Loureiro Leite	porto runners	Senior Feminino	04:27:57	+01:59:59	08:56
252	148	Manuel Lopes da Silva	coa - clube de orientação e aventura	Veterano M40	04:27:58	+02:00:00	08:56
253	440	Nuno Carrapiço	os trinca espinhas	Veterano M40	04:28:47	+02:00:49	08:58
254	434	Joaquim Martins	os trinca espinhas	Senior Masculino	04:28:47	+02:00:49	08:58
255	47	Bruno Vicente	amigos da corrida de benfica do ribatejo	Senior Masculino	04:28:48	+02:00:50	08:58
256	58	Patricia Fernandes	arism - associação recreativa de s. miguel	Senior Feminino	04:30:15	+02:02:17	09:01
257	62	Edgar Pires	arism - associação recreativa de s. miguel	Senior Masculino	04:30:16	+02:02:18	09:01
258	171	Gonçalo Padilha	coimbra trail running	Veterano M40	04:30:43	+02:02:45	09:01
259	411	Maria de Lurdes Ramos Gil	mountain trails	Veterana F40	04:31:34	+02:03:36	09:03
260	345	José A. Vaz	individual	Veterano M45	04:31:35	+02:03:37	09:03
261	178	Pedro Pires Silva	coimbra trail running	Veterano M45	04:32:10	+02:04:12	09:04
262	402	Joaquim Manuel Coelho Lima	matilha running	Veterano M50	04:33:26	+02:05:28	09:07
263	379	Julio Paulo Soares da Silva	juventude cortegacense	Veterano M45	04:33:47	+02:05:49	09:08
264	92	Michael Granadeiro	c.d."os águas" trail/running	Senior Masculino	04:33:56	+02:05:58	09:08
265	342	João Ricardo Pereira Venâncio	individual	Veterano M45	04:34:08	+02:06:10	09:08
266	445	Samuel de Oliveira Martinho	ozxtreme	Senior Masculino	04:34:18	+02:06:20	09:09

Trail Longo

30 KM

R
REVISED

OFFICIAL RESULT

126	284	João Pedro Gonçalves da Cruz	Individual	Senior Masculino	04:22:04	+01:54:06	08:44
127	450	Bruno Julião	Pés Troikados/CSCS	Senior Masculino	04:22:39	+01:54:41	08:45
128	300	Sérgio Filipe Frias Forte	Individual	Senior Masculino	04:22:42	+01:54:44	08:45
129	444	Luis Felício	Os Trinca Espinhas	Senior Masculino	04:22:56	+01:54:58	08:46
130	390	Humberto Barros	Kaninos	Senior Masculino	04:23:23	+01:55:25	08:47
131	66	João Otávio Cruz	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	04:24:21	+01:56:23	08:49
132	158	Hugo Bera	Coimbra Trail Running	Senior Masculino	04:25:37	+01:57:39	08:51
133	160	Miguel Pimenta	Coimbra Trail Running	Senior Masculino	04:25:37	+01:57:39	08:51
134	405	Bruno Marques	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	04:25:39	+01:57:41	08:51
135	77	Ricardo Magalhães	As Belas e Eles	Senior Masculino	04:26:24	+01:58:26	08:53
136	434	Joaquim Martins	Os Trinca Espinhas	Senior Masculino	04:28:47	+02:00:49	08:58
137	47	Bruno Vicente	Amigos da Corrida de Benfica do Ribatejo	Senior Masculino	04:28:48	+02:00:50	08:58
138	62	Edgar Pires	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	04:30:16	+02:02:18	09:01
139	92	Michael Granadeiro	C.D."Os Águias" Trail/Running	Senior Masculino	04:33:56	+02:05:58	09:08
140	445	Samuel de Oliveira Martinho	OZXTREME	Senior Masculino	04:34:18	+02:06:20	09:09
141	371	Bruno Charrinho	Injovem - Nisa	Senior Masculino	04:34:46	+02:06:48	09:10
142	291	Marco Oliveira Domingos	Individual	Senior Masculino	04:36:08	+02:08:10	09:12
143	272	David Jesus	Individual	Senior Masculino	04:36:26	+02:08:28	09:13
144	247	Luis Miranda	Goes Trail Running	Senior Masculino	04:36:58	+02:09:00	09:14
145	53	Marco Paulo Simões Oliveira	ARCD Venda da Luísa	Senior Masculino	04:37:21	+02:09:23	09:15
146	264	Bruno Manuel Oliveira Paiva	Individual	Senior Masculino	04:37:37	+02:09:39	09:15
147	495	João Ramos	UGAS TRAIL Running	Senior Masculino	04:39:34	+02:11:36	09:19
148	287	luis dias	Individual	Senior Masculino	04:40:18	+02:12:20	09:21
149	203	Francisco José Pereira Filipe Sousa Batista	Estrela Campo de Aviação FC Covilhã	Senior Masculino	04:41:54	+02:13:56	09:24
150	296	Paulo Alexandre da silva dias	Individual	Senior Masculino	04:42:15	+02:14:17	09:25
151	289	Luis Miguel Relvas Pedro	Individual	Senior Masculino	04:42:53	+02:14:55	09:26
152	294	nuno miguel batista reis madeira	Individual	Senior Masculino	04:43:08	+02:15:10	09:26
153	305	Telmo José Santos Lages	Individual	Senior Masculino	04:43:21	+02:15:23	09:27
154	279	Heber Pires	Individual	Senior Masculino	04:44:01	+02:16:03	09:28
155	275	Fabio Rodrigues	Individual	Senior Masculino	04:45:49	+02:17:51	09:32
156	273	Diogo Ferreira	Individual	Senior Masculino	04:46:09	+02:18:11	09:32
157	246	João Miranda	Goes Trail Running	Senior Masculino	04:48:08	+02:20:10	09:36
158	69	Telmo Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	04:48:21	+02:20:23	09:37
159	266	Carlos Alexandre Lapa Simões	Individual	Senior Masculino	04:48:54	+02:20:56	09:38
160	493	Daniel Santos	UGAS TRAIL Running	Senior Masculino	04:50:02	+02:22:04	09:40
161	505	Luis Relvas	Individual	Senior Masculino	04:52:09	+02:24:11	09:44
162	271	David Clemente	Individual	Senior Masculino	04:54:02	+02:26:04	09:48
163	222	Rui Viegas	GALHARDOS RUNNERS	Senior Masculino	04:54:40	+02:26:42	09:49
164	100	Miguel Vitorino	Caracol Trail Team	Senior Masculino	04:54:45	+02:26:47	09:50
165	223	Fábio Henrique Leitão Jesus	GDC Portos Sines e Algarve	Senior Masculino	04:54:49	+02:26:51	09:50
166	224	Telmo Alexandre Amaro Macarrão	GDC Portos Sines e Algarve	Senior Masculino	04:54:49	+02:26:51	09:50
167	61	Daniel Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	04:55:12	+02:27:14	09:50

Official Timekeeper: Lap2Go	5 / 12	generate 17-Feb-2016 00:36
-----------------------------	--------	----------------------------

TRAIL CURTO - STAGE 1

16 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1269	Gil Andrade	individual	Senior Masculino	02:59:19	+01:40:39	11:12
89	1292	José Gil Andrade	moutain trails	Senior Masculino	02:59:20	+01:40:40	11:12
90	268	Cristiano Santos	individual	Senior Masculino	02:59:51	+01:41:11	11:14
91	1331	Rui Brás	individual	Senior Masculino	02:59:59	+01:41:19	11:15
92	1359	Sérgio Ribeiro dos Louros	máquinas	Senior Masculino	03:00:00	+01:41:20	11:15
93	1123	Pedro Queiroz	danatur	Senior Masculino	03:00:01	+01:41:21	11:15
94	1078	JORGE DIAS	casa do benfica condeixa	Senior Masculino	03:00:23	+01:41:43	11:16
95	1409	António CasaNova	os trinca espinhas	Senior Masculino	03:00:59	+01:42:19	11:19
96	1053	Rosa Magalhaês	as belas e eles	Senior Feminino	03:01:24	+01:42:44	11:20
97	1198	cristiana regina machado pinto	individual	Senior Feminino	03:01:37	+01:42:57	11:21
98	1155	Diana Malva da Costa	gear up	Senior Feminino	03:01:37	+01:42:57	11:21
99	1038	Carla Reis	arism - associação recreativa de s. miguel	Senior Feminino	03:01:46	+01:43:06	11:22
100	1043	Fausto Carvalho	arism - associação recreativa de s. miguel	Senior Masculino	03:01:47	+01:43:07	11:22
101	1413	Nuno Filipe Oliveira	os trinca espinhas	Senior Masculino	03:02:01	+01:43:21	11:23
102	1251	Bruno Loureiro	individual	Senior Masculino	03:02:16	+01:43:36	11:24
103	1013	Mário Martins	abutres running team	Senior Masculino	03:02:25	+01:43:45	11:24
104	1274	HERMENEGILDO MANUEL SOARES DIAS DOS SANTOS	individual	Senior Masculino	03:02:26	+01:43:46	11:24
105	1423	JOÃO VALÉRIO	psp viseu runners	Senior Masculino	03:02:55	+01:44:15	11:26
106	1060	João Lucas	asss columbófila cantanhede - ar livre e aventura	Senior Masculino	03:03:02	+01:44:22	11:26
107	1322	Pedro Sequeira	individual	Senior Masculino	03:03:07	+01:44:27	11:27
108	1285	João Serrano Andrade	individual	Senior Masculino	03:03:45	+01:45:05	11:29
109	1126	Diogo Pimenta	dci / ccdrp - mealhada	Senior Masculino	03:03:53	+01:45:13	11:30
110	1034	Nelson José Vaz Correia	arcd venda da luísa	Senior Masculino	03:04:03	+01:45:23	11:30
111	1278	Jaime Manuel Marques Simões	individual	Senior Masculino	03:04:15	+01:45:35	11:31
112	1289	Joaquim Firmino de Jesus Mendes	individual	Senior Masculino	03:04:26	+01:45:46	11:32
113	1245	António Abrantes Pinto Fonseca	individual	Senior Masculino	03:04:41	+01:46:01	11:33
114	1277	Ivo Leandro Anjos Pereira	individual	Senior Masculino	03:04:59	+01:46:19	11:34
115	1015	ANA RITA MAURÍCIO VENTURA	ac portalegre / utsm	Senior Feminino	03:05:06	+01:46:26	11:34
116	1019	JOSÉ MANUEL CASCALHO MOISES	ac portalegre / utsm	Senior Masculino	03:05:06	+01:46:26	11:34
117	1456	Maria Inês Matos Gomes	tondela runners	Senior Feminino	03:05:18	+01:46:38	11:35
118	1114	Nuno Tavares	coimbra trail running	Senior Masculino	03:05:19	+01:46:39	11:35
119	1132	Marco Veludo	escaravelhos team	Senior Masculino	03:05:22	+01:46:42	11:35
120	1070	Amaro Rodrigues	caoh - clube atletico de oliveira do hospital	Senior Masculino	03:06:01	+01:47:21	11:38
121	1252	carlos da conceicao lobo	individual	Senior Masculino	03:06:37	+01:47:57	11:40
122	1426	MARCO FORMOSO	psp viseu runners	Senior Masculino	03:06:49	+01:48:09	11:41
123	1082	Cátia Calha	centro vicentino da serra de portalegre	Senior Feminino	03:06:55	+01:48:15	11:41
124	1028	Rui Sêco	arca- gesteira	Senior Masculino	03:07:03	+01:48:23	11:41
125	1323	R Mesquita	individual	Senior Masculino	03:07:10	+01:48:30	11:42
126	1088	Rui Simões	clac entroncamento	Senior Masculino	03:07:38	+01:48:58	11:44
127	1318	Pedro Natario	individual	Senior Masculino	03:08:58	+01:50:18	11:49
128	1425	MANUEL AGUIAR	psp viseu runners	Senior Masculino	03:09:43	+01:51:03	11:51
129	1428	VÍTOR BORGES MARQUES	psp viseu runners	Senior Masculino	03:09:43	+01:51:03	11:51
130	1396	Francisco Barrento	o2 life center	Senior Masculino	03:10:05	+01:51:25	11:53
131	1394	Isabel Nicolau	o2 life center	Senior Feminino	03:10:36	+01:51:56	11:55

TRAIL CURTO - STAGE 1

16 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	1246	António Manuel Ferreira Mendes	individual	Senior Masculino	03:22:09	+02:03:29	12:38
177	1241	André Filipe Marques Gomes	individual	Senior Masculino	03:22:09	+02:03:29	12:38
178	1031	Cidália Maria Barrico de Almeida Canais	arcd venda da luísa	Senior Feminino	03:22:14	+02:03:34	12:38
179	1033	Carlos Manuel Oliveira Canais	arcd venda da luísa	Senior Masculino	03:22:14	+02:03:34	12:38
180	1211	MARIA CRISTINA BRAS OLIVEIRA VILELA	individual	Senior Feminino	03:22:24	+02:03:44	12:39
181	1432	Ana Nascimento	sport viseu e benfica	Senior Feminino	03:22:32	+02:03:52	12:40
182	1418	Moisés Esteves	p.m.	Senior Masculino	03:22:38	+02:03:58	12:40
183	1384	José Luis Correia Couceiro	município de vila nova de poiares	Senior Masculino	03:23:11	+02:04:31	12:42
184	1050	Carla Barbosa	as belas e eles	Senior Feminino	03:23:15	+02:04:35	12:42
185	89	Joana Mendes	c.d."os águias" trail/running	Senior Feminino	03:23:18	+02:04:38	12:42
186	1407	Maria Trindade	os trinca espinhas	Senior Feminino	03:23:44	+02:05:04	12:44
187	1416	José Trindade	os trinca espinhas	Senior Masculino	03:23:44	+02:05:04	12:44
188	1298	Luís Pedro Ferreira	individual	Senior Masculino	03:24:09	+02:05:29	12:46
189	1363	Laura Cabete	moinhos da gândara trail	Senior Feminino	03:24:25	+02:05:45	12:47
190	1367	Manuel Cabete	moinhos da gândara trail	Senior Masculino	03:24:25	+02:05:45	12:47
191	1364	Olga Felamino	moinhos da gândara trail	Senior Feminino	03:24:48	+02:06:08	12:48
192	1366	Luís Gaspar	moinhos da gândara trail	Senior Masculino	03:24:48	+02:06:08	12:48
193	1362	Carla Sofia Gonçalves Felamino	moinhos da gândara trail	Senior Feminino	03:24:57	+02:06:17	12:49
194	1191	Augusta da Conceição Duarte	individual	Senior Feminino	03:25:10	+02:06:30	12:49
195	1287	Joaquim Figueira	individual	Senior Masculino	03:25:12	+02:06:32	12:49
196	1226	silvia leao	individual	Senior Feminino	03:25:18	+02:06:38	12:50
197	1103	Margarida Carvalho	coimbra trail running	Senior Feminino	03:25:38	+02:06:58	12:51
198	1056	Filomena Cristina Pires Oliveira Rodrigues	as compressa	Senior Feminino	03:25:50	+02:07:10	12:52
199	1055	Carla Isabel Paiva Sergio	as compressa	Senior Feminino	03:25:51	+02:07:11	12:52
200	1194	Célia Carvalho	individual	Senior Feminino	03:26:01	+02:07:21	12:53
201	1116	Paula Vidas	coimbra trail running	Senior Feminino	03:26:20	+02:07:40	12:54
202	1061	Carlos Marques	bdm runners	Senior Masculino	03:26:35	+02:07:55	12:55
203	1195	Célia Sousa	individual	Senior Feminino	03:27:12	+02:08:32	12:57
204	1473	Mário Galhano	individual	Senior Masculino	03:27:14	+02:08:34	12:57
205	1395	Carlos Sequeira	o2 life center	Senior Masculino	03:27:14	+02:08:34	12:57
206	1284	João Ribeiro	individual	Senior Masculino	03:27:14	+02:08:34	12:57
207	1293	José Simões	individual	Senior Masculino	03:27:55	+02:09:15	13:00
208	1348	Nuno André Libório Cardetas	jogging lovers coimbra	Senior Masculino	03:28:37	+02:09:57	13:02
209	1383	Nuno Oliveira Staff	move wellness @ fitness centers	Senior Masculino	03:28:41	+02:10:01	13:03
210	1032	Marisa Leonor de Oliveira Rainho Mendes	arcd venda da luísa	Senior Feminino	03:30:23	+02:11:43	13:09
211	1236	Zina Fernandes	individual	Senior Feminino	03:30:53	+02:12:13	13:11
212	1021	LUCIDIO DIAS	acrm silveirinha claras	Senior Masculino	03:31:06	+02:12:26	13:12
213	1410	António Parente	os trinca espinhas	Senior Masculino	03:31:24	+02:12:44	13:13
214	1374	Ana Seco	move wellness @ fitness centers	Senior Feminino	03:31:38	+02:12:58	13:14
215	1375	Cátia Nunes Staff	move wellness @ fitness centers	Senior Feminino	03:31:39	+02:12:59	13:14
216	1271	Guilherme Cunha Alvarez	individual	Senior Masculino	03:31:41	+02:13:01	13:14
217	1073	MARISA AMARAL	casa do benfica condeixa	Senior Feminino	03:31:49	+02:13:09	13:14
218	1080	ORLANDO ALMEIDA	casa do benfica condeixa	Senior Masculino	03:31:50	+02:13:10	13:14

TRAIL CURTO - STAGE 1

16 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	1443	Susana Farinhas	talentos team	Senior Feminino	03:32:06	+02:13:26	13:15
220	1434	Elisabete Azougado	talentos team	Senior Feminino	03:32:06	+02:13:26	13:15
221	1177	Carlos Castanheira	goes trail running	Senior Masculino	03:33:07	+02:14:27	13:19
222	1242	André Manuel Matos papafina	individual	Senior Masculino	03:33:07	+02:14:27	13:19
223	1382	Miguel Tomás Correia	move wellness @ fitness centers	Senior Masculino	03:33:24	+02:14:44	13:20
224	1204	Helena Santana	individual	Senior Feminino	03:33:49	+02:15:09	13:22
225	1387	Ana Baldeante	não fazemos nem mais um...km	Senior Feminino	03:33:51	+02:15:11	13:22
226	1130	Francisco Antunes Mateus	escaravelhos team	Senior Masculino	03:34:16	+02:15:36	13:23
227	1133	Débora Cruz Ferreira	escaravelhos team	Senior Feminino	03:34:18	+02:15:38	13:24
228	1474	Luís Pedro Conceição Simões	individual	Senior Masculino	03:34:25	+02:15:45	13:24
229	1005	João Henriques	município de vila nova de poiares	Senior Masculino	03:34:59	+02:16:19	13:26
230	1253	Carlos Filipe Simões	individual	Senior Masculino	03:35:00	+02:16:20	13:26
231	1074	SÓNIA LIMA	casa do benfica condeixa	Senior Feminino	03:35:38	+02:16:58	13:29
232	1464	Elisabete Jacintho	urb. teodora running team	Senior Feminino	03:36:00	+02:17:20	13:30
233	1352	Manuel Ferreira dos Santos Valente Fernandes	juventude cortegacense	Senior Masculino	03:37:00	+02:18:20	13:34
234	1219	Sandra de Abreu Semedo	individual	Senior Feminino	03:37:51	+02:19:11	13:37
235	1159	Rui Meneses	gear up	Senior Masculino	03:38:01	+02:19:21	13:38
236	1268	Gabriel Viana	individual	Senior Masculino	03:38:02	+02:19:22	13:38
237	1302	Marco Antonio Bujaca	individual	Senior Masculino	03:38:07	+02:19:27	13:38
238	1217	Patricia Ramalheiro	individual	Senior Feminino	03:38:08	+02:19:28	13:38
239	1412	José Vicente Mourato Soares	os trinca espinhas	Senior Masculino	03:38:18	+02:19:38	13:39
240	1324	Rafael Marques	individual	Senior Masculino	03:38:35	+02:19:55	13:40
241	1188	Ana Paula Baeta	individual	Senior Feminino	03:38:58	+02:20:18	13:41
242	1230	Sónia Farias	individual	Senior Feminino	03:38:58	+02:20:18	13:41
243	1029	Ana Raquel Calhindra Valente	arcd venda da luísa	Senior Feminino	03:38:58	+02:20:18	13:41
244	1291	José Abrantes	individual	Senior Masculino	03:39:14	+02:20:34	13:42
245	1046	Humberto Martins Batista	arqm - associação recreativa de s. miguel	Senior Masculino	03:39:18	+02:20:38	13:42
246	1262	Fernando Jorge Machado Sequeira	individual	Senior Masculino	03:39:54	+02:21:14	13:45
247	1200	Dora Simão	individual	Senior Feminino	03:40:52	+02:22:12	13:48
248	1351	Domingos Fernando Oliveira Camboa	juventude cortegacense	Senior Masculino	03:40:59	+02:22:19	13:49
249	1137	Mélanie Duarte	farmácia luciano e matos	Senior Feminino	03:41:07	+02:22:27	13:49
250	1138	MANUEL MORAIS	farmácia luciano e matos	Senior Masculino	03:41:18	+02:22:38	13:50
251	1139	SILVIO TIMOTEO	farmácia luciano e matos	Senior Masculino	03:41:18	+02:22:38	13:50
252	1295	Luís da Costa Simões Brandão	individual	Senior Masculino	03:42:32	+02:23:52	13:55
253	1452	Fernando Oliveira Alves	táxis marialves running team	Senior Masculino	03:43:38	+02:24:58	13:59
254	1453	Sérgio Mateus F. Marques	táxis marialves running team	Senior Masculino	03:43:38	+02:24:58	13:59
255	1451	Carlos Alexexandre Serra Brito Marques	táxis marialves running team	Senior Masculino	03:43:39	+02:24:59	13:59
256	1023	Adriano Miguel Pereira Vergueiro	adabem running team	Senior Masculino	03:43:46	+02:25:06	13:59
257	1044	Frederik Buys	arqm - associação recreativa de s. miguel	Senior Masculino	03:43:52	+02:25:12	13:59
258	1144	Nuno Carvalho	fire team bvmc	Senior Masculino	03:44:27	+02:25:47	14:02
259	1094	Alexandra Soares	coimbra trail running	Senior Feminino	03:44:57	+02:26:17	14:04
260	1095	Ana Dourado	coimbra trail running	Senior Feminino	03:44:57	+02:26:17	14:04
261	1136	Helena Amado	farmácia luciano e matos	Senior Feminino	03:46:00	+02:27:20	14:08
262	1052	Lurdes Moreira	as belas e eles	Senior Feminino	03:46:38	+02:27:58	14:10

TRAIL CURTO - STAGE 1

16 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
263	1209	Liliana Cortez	individual	Senior Feminino	03:46:40	+02:28:00	14:10
264	1220	Sandra Gonçalves	individual	Senior Feminino	03:46:40	+02:28:00	14:10
265	1172	JOSE SANTOS	ginasio fit4fun	Senior Masculino	03:47:06	+02:28:26	14:12
266	1170	DIOGO SOARES	ginasio fit4fun	Senior Masculino	03:47:11	+02:28:31	14:12
267	1161	CARINA PINHO	ginasio fit4fun	Senior Feminino	03:47:11	+02:28:31	14:12
268	1248	Bruno duarte Pereira Rodrigues soares	individual	Senior Masculino	03:47:21	+02:28:41	14:13
269	1196	Claudia cristina dias guedelha	individual	Senior Feminino	03:48:25	+02:29:45	14:17
270	1325	Ricardo Bandarra	individual	Senior Masculino	03:48:44	+02:30:04	14:18
271	1371	Carla Carvalho	more team	Senior Feminino	03:49:09	+02:30:29	14:19
272	1372	Filipe Carvalho	more team	Senior Masculino	03:49:10	+02:30:30	14:19
273	1081	Anatilde Gomes	centro vicentino da serra de portalegre	Senior Feminino	03:49:42	+02:31:02	14:21
274	1165	JOANA RIBEIRO	ginasio fit4fun	Senior Feminino	03:50:06	+02:31:26	14:23
275	1169	CARLOS MAGALHAES	ginasio fit4fun	Senior Masculino	03:50:06	+02:31:26	14:23
276	1447	Mario Gaspar	talentos team	Senior Masculino	03:50:23	+02:31:43	14:24
277	1386	Ricardo Peneda	município de vila nova de poiares	Senior Masculino	03:50:35	+02:31:55	14:25
278	1102	Joana Gonçalves	coimbra trail running	Senior Feminino	03:51:01	+02:32:21	14:26
279	1097	Ana Meneses	coimbra trail running	Senior Feminino	03:51:01	+02:32:21	14:26
280	1445	Jorge Ferreira	talentos team	Senior Masculino	03:51:55	+02:33:15	14:30
281	1199	Diana Marina Lima Correia	individual	Senior Feminino	03:52:32	+02:33:52	14:32
282	1221	Sara Daniela Simões Gomes	individual	Senior Feminino	03:52:33	+02:33:53	14:32
283	1249	bruno ferreira	individual	Senior Masculino	03:52:49	+02:34:09	14:33
284	1206	Isabel Simões	individual	Senior Feminino	03:54:08	+02:35:28	14:38
285	1168	BRUNO MOREIRA	ginasio fit4fun	Senior Masculino	03:54:45	+02:36:05	14:40
286	1160	ANDREIA BASTOS	ginasio fit4fun	Senior Feminino	03:54:46	+02:36:06	14:40
287	1181	Alexandra Bento	individual	Senior Feminino	03:55:19	+02:36:39	14:42
288	1303	Mário Ferreira	individual	Senior Masculino	03:55:35	+02:36:55	14:43
289	1036	Francisco Carinha	arcude trail team	Senior Masculino	03:56:00	+02:37:20	14:45
290	1037	Paulo Mendonça	arcude trail team	Senior Masculino	03:56:01	+02:37:21	14:45
291	1329	Ricardo Romano	individual	Senior Masculino	03:58:11	+02:39:31	14:53
292	1124	Telma Pires	david/telma	Senior Feminino	03:58:32	+02:39:52	14:55
293	1193	Cátia Delgado	individual	Senior Feminino	03:59:01	+02:40:21	14:56
294	1166	LÚCIA ALMEIDA	ginasio fit4fun	Senior Feminino	04:00:08	+02:41:28	15:00
295	1039	Rita Carvalho	arsm - associação recreativa de s. miguel	Senior Feminino	04:03:13	+02:44:33	15:12
296	1067	Marisa Carina Piscalho de Paula	c.d."os águias" trail/running	Senior Feminino	04:03:49	+02:45:09	15:14
297	1232	Susana Margarida Angelo Correia Agostinho	individual	Senior Feminino	04:04:41	+02:46:01	15:18
298	1128	Lurdes Gouveia	escaravelhos team	Senior Feminino	04:04:47	+02:46:07	15:18
299	1218	Rute Montenegro	individual	Senior Feminino	04:05:17	+02:46:37	15:20
300	1129	Margarida Santos	escaravelhos team	Senior Feminino	04:05:24	+02:46:44	15:20
301	1233	Telma Alexandra Lima Mendes	individual	Senior Feminino	04:06:33	+02:47:53	15:25
302	1449	Catarina Henriques	tartarugas do asfalto	Senior Feminino	04:07:05	+02:48:25	15:27
303	1450	Márcio Pereira	tartarugas do asfalto	Senior Masculino	04:07:06	+02:48:26	15:27
304	1183	Ana Filipa Albuquerque Leal	individual	Senior Feminino	04:07:06	+02:48:26	15:27
305	1025	Carla Marina Peleira	amigos da corrida de benfica do ribatejo	Senior Feminino	04:08:49	+02:50:09	15:33
306	1405	Lino Silva	os curiosos	Senior Masculino	04:09:39	+02:50:59	15:36
307	1404	Ana Silva	os curiosos	Senior Feminino	04:09:39	+02:50:59	15:36

Trail Curto

16 KM



OFFICIAL RESULT

36	1191	Augusta da Conceição Duarte	Individual	Senior Feminino	03:25:10	+51:12	12:49
37	1226	silvia leao	Individual	Senior Feminino	03:25:18	+51:20	12:50
38	1103	Margarida Carvalho	Coimbra Trail Running	Senior Feminino	03:25:38	+51:40	12:51
39	1056	Filomena Cristina Pires Oliveira Rodrigues	AS COMPRESSA	Senior Feminino	03:25:50	+51:52	12:52
40	1055	Carla Isabel Paiva Sergio	AS COMPRESSA	Senior Feminino	03:25:51	+51:53	12:52
41	1194	Célia Carvalho	Individual	Senior Feminino	03:26:01	+52:03	12:53
42	1116	Paula Vidas	Coimbra Trail Running	Senior Feminino	03:26:20	+52:22	12:54
43	1195	Célia Sousa	Individual	Senior Feminino	03:27:12	+53:14	12:57
44	1032	Marisa Leonor de Oliveira Rainho Mendes	ARCD Venda da Luísa	Senior Feminino	03:30:23	+56:25	13:09
45	1236	Zina Fernandes	Individual	Senior Feminino	03:30:53	+56:55	13:11
46	1374	Ana Seco	Move Wellness @ Fitness Centers	Senior Feminino	03:31:38	+57:40	13:14
47	1375	Cátia Nunes Staff	Move Wellness @ Fitness Centers	Senior Feminino	03:31:39	+57:41	13:14
48	1073	MARISA AMARAL	CASA DO BENFICA CONDEIXA	Senior Feminino	03:31:49	+57:51	13:14
49	1443	Susana Farinhas	Tálenos Team	Senior Feminino	03:32:06	+58:08	13:15
50	1434	Elisabete Azougado	Tálenos Team	Senior Feminino	03:32:06	+58:08	13:15
51	1204	Helena Santana	Individual	Senior Feminino	03:33:49	+59:51	13:22
52	1387	Ana Baldeante	Não Fazemos Nem Mais Um...Km	Senior Feminino	03:33:51	+59:53	13:22
53	1133	Débora Cruz Ferreira	Escaravelhos Team	Senior Feminino	03:34:18	+01:00:20	13:24
54	1074	SÓNIA LIMA	CASA DO BENFICA CONDEIXA	Senior Feminino	03:35:38	+01:01:40	13:29
55	1464	Elisabete Jacintho	Urb. Teodora Running Team	Senior Feminino	03:36:00	+01:02:02	13:30
56	1219	Sandra de Abreu Semedo	Individual	Senior Feminino	03:37:51	+01:03:53	13:37
57	1217	Patricia Ramalheiro	Individual	Senior Feminino	03:38:08	+01:04:10	13:38
58	1188	Ana Paula Baeta	Individual	Senior Feminino	03:38:58	+01:05:00	13:41
59	1230	Sónia Farias	Individual	Senior Feminino	03:38:58	+01:05:00	13:41
60	1029	Ana Raquel Calhindra Valente	ARCD Venda da Luísa	Senior Feminino	03:38:58	+01:05:00	13:41
61	1200	Dora Simão	Individual	Senior Feminino	03:40:52	+01:06:54	13:48
62	1137	Mélanie Duarte	Farmácia Luciano e Matos	Senior Feminino	03:41:07	+01:07:09	13:49
63	1094	Alexandra Soares	Coimbra Trail Running	Senior Feminino	03:44:57	+01:10:59	14:04
64	1095	Ana Dourado	Coimbra Trail Running	Senior Feminino	03:44:57	+01:10:59	14:04
65	1136	Helena Amado	Farmácia Luciano e Matos	Senior Feminino	03:46:00	+01:12:02	14:08
66	1052	Lurdes Moreira	As Belas e Eles	Senior Feminino	03:46:38	+01:12:40	14:10
67	1209	Liliana Cortez	Individual	Senior Feminino	03:46:40	+01:12:42	14:10
68	1220	Sandra Gonçalves	Individual	Senior Feminino	03:46:40	+01:12:42	14:10
69	1161	CARINA PINHO	Ginasio Fit4Fun	Senior Feminino	03:47:11	+01:13:13	14:12
70	1196	Claudia cristina dias guedelha	Individual	Senior Feminino	03:48:25	+01:14:27	14:17
71	1371	Carla Carvalho	More Team	Senior Feminino	03:49:09	+01:15:11	14:19
72	1081	Anatilde Gomes	Centro Vicentino da Serra de Portalegre	Senior Feminino	03:49:42	+01:15:44	14:21
73	1165	JOANA RIBEIRO	Ginasio Fit4Fun	Senior Feminino	03:50:06	+01:16:08	14:23
74	1102	Joana Gonçalves	Coimbra Trail Running	Senior Feminino	03:51:01	+01:17:03	14:26
75	1097	Ana Meneses	Coimbra Trail Running	Senior Feminino	03:51:01	+01:17:03	14:26
76	1199	Diana Marina Lima Correia	Individual	Senior Feminino	03:52:32	+01:18:34	14:32
77	1221	Sara Daniela Simões Gomes	Individual	Senior Feminino	03:52:33	+01:18:35	14:32
78	1206	Isabel Simões	Individual	Senior Feminino	03:54:08	+01:20:10	14:38

Trail Curto

16 KM

R
REVISED

OFFICIAL RESULT

79	1160	ANDREIA BASTOS	Ginasio Fit4Fun	Senior Feminino	03:54:46	+01:20:48	14:40
80	1181	Alexandra Bento	Individual	Senior Feminino	03:55:19	+01:21:21	14:42
81	1124	Telma Pires	David:/Telma	Senior Feminino	03:58:32	+01:24:34	14:55
82	1193	Cátia Delgado	Individual	Senior Feminino	03:59:01	+01:25:03	14:56
83	1166	LÚCIA ALMEIDA	Ginasio Fit4Fun	Senior Feminino	04:00:08	+01:26:10	15:00
84	1039	Rita Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	04:03:13	+01:29:15	15:12
85	1067	Marisa Carina Piscalho de Paula	C.D."Os Águias" Trail/Running	Senior Feminino	04:03:49	+01:29:51	15:14
86	1232	Susana Margarida Angelo Correia Agostinho	Individual	Senior Feminino	04:04:41	+01:30:43	15:18
87	1128	Lurdes Gouveia	Escaravelhos Team	Senior Feminino	04:04:47	+01:30:49	15:18
88	1218	Rute Montenegro	Individual	Senior Feminino	04:05:17	+01:31:19	15:20
89	1129	Margarida Santos	Escaravelhos Team	Senior Feminino	04:05:24	+01:31:26	15:20
90	1233	Telma Alexandra Lima Mendes	Individual	Senior Feminino	04:06:33	+01:32:35	15:25
91	1449	Catarina Henriques	Tartarugas do Asfalto	Senior Feminino	04:07:05	+01:33:07	15:27
92	1183	Ana Filipa Albuquerque Leal	Individual	Senior Feminino	04:07:06	+01:33:08	15:27
93	1025	Carla Marina Peleira	Amigos da Corrida de Benfica do Ribatejo	Senior Feminino	04:08:49	+01:34:51	15:33
94	1404	Ana Silva	os curiosos	Senior Feminino	04:09:39	+01:35:41	15:36
95	1142	Liliana Fernandes	Fire Team BVMC	Senior Feminino	04:11:57	+01:37:59	15:45
96	1147	Sara Cabral	GALHARDOS RUNNERS	Senior Feminino	04:12:11	+01:38:13	15:46
97	1436	Fernada Condinho	Tálenos Team	Senior Feminino	04:29:46	+01:55:48	16:52
98	1227	Sílvia Pedro	Individual	Senior Feminino	04:34:22	+02:00:24	17:09
99	1162	CRISTINA SOARES	Ginasio Fit4Fun	Senior Feminino	05:05:33	+02:31:35	19:06

Senior Masculino

1	1004	David Quelhas	Coimbra Trail Running	Senior Masculino	01:18:40		04:55
2	1002	Jorge Gomes da Silva Pimenta	RC Travel	Senior Masculino	01:21:14	+02:34	05:05
3	1390	Nelson Costa	O Mundo da Corrida	Senior Masculino	01:22:35	+03:55	05:10
4	1003	Rui Rodrigues	Associação Académica de Coimbra	Senior Masculino	01:24:12	+05:32	05:16
5	1433	Nuno Miguel Ferreira Gonçalves	SR Jardoeira / Runcrosstrail.com	Senior Masculino	01:24:58	+06:18	05:19
6	1250	Bruno Figueiredo	Individual	Senior Masculino	01:27:56	+09:16	05:30
7	1115	Jorge Alves	Coimbra Trail Running	Senior Masculino	01:33:07	+14:27	05:49
8	1121	Tiago Cação	Coimbra Trail Running	Senior Masculino	01:33:31	+14:51	05:51
9	1105	Fausto Pimentel	Coimbra Trail Running	Senior Masculino	01:33:31	+14:51	05:51
10	1347	Hugo Dâmaso	Jogging Lovers Coimbra	Senior Masculino	01:33:36	+14:56	05:51
11	1457	Carlos Alberto Ferreira Ribeiro	Tondela Runners	Senior Masculino	01:33:42	+15:02	05:51
12	1320	Pedro Ricardo Monteiro Oliveira	Individual	Senior Masculino	02:08:13	+49:33	08:01
13	1118	Paulo viegas	Coimbra Trail Running	Senior Masculino	02:14:31	+55:51	08:24
14	1091	Artur gandara	CNI	Senior Masculino	02:20:15	+01:01:35	08:46
15	1244	André Miguel Simões	Individual	Senior Masculino	02:20:20	+01:01:40	08:46
16	1414	RUI MANUEL CRESPO RAINHO	Os Trinca Espinhas	Senior Masculino	02:22:14	+01:03:34	08:53
17	1314	Paulo Rodrigues	Individual	Senior Masculino	02:22:18	+01:03:38	08:54
18	1076	Joaquim Baltazar	CASA DO BENFICA CONDEIXA	Senior Masculino	02:23:27	+01:04:47	08:58
19	1243	André Miguel Lameiro Monteiro	Individual	Senior Masculino	02:23:53	+01:05:13	09:00

Trail Curto

16 KM



OFFICIAL RESULT

20	1008	Gustavo Barandas	A.R.Casaense/Escola de Atletismo de Coimbra	Senior Masculino	02:24:55	+01:06:15	09:03
21	1112	Miguel F Melo	Coimbra Trail Running	Senior Masculino	02:25:19	+01:06:39	09:05
22	1143	Marco Carvalho	Fire Team BVMC	Senior Masculino	02:26:54	+01:08:14	09:11
23	1422	JOÃO SANTOS	PSP VISEU RUNNERS	Senior Masculino	02:28:20	+01:09:40	09:16
24	1429	André Fonte	Quinta da Maia Runners	Senior Masculino	02:28:42	+01:10:02	09:18
25	1024	Hugo Simões	ADABEM Running Team	Senior Masculino	02:30:12	+01:11:32	09:23
26	1048	José Correia	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:30:20	+01:11:40	09:24
27	1312	Nuno Pimenta	Individual	Senior Masculino	02:31:01	+01:12:21	09:26
28	1308	Nuno Filipe Meireles de Sousa	Oralklass - Amigos Do Trail	Senior Masculino	02:31:06	+01:12:26	09:27
29	1152	RICARDO SILVA	GazelasRunningFigueira	Senior Masculino	02:32:47	+01:14:07	09:33
30	1122	Luis Rodrigues	Cpt sobral de ceira	Senior Masculino	02:33:06	+01:14:26	09:34
31	1062	Ricardo Garção	BEDAPOR / RESTAURANTE SABORES DE MARVÃO / DAMIÃO & BELO	Senior Masculino	02:34:00	+01:15:20	09:37
32	1276	Hugo Sousa	Individual	Senior Masculino	02:34:02	+01:15:22	09:38
33	1059	Ivo Silva	Associação Desportiva da Efacec	Senior Masculino	02:34:17	+01:15:37	09:39
34	1458	Luis Carlos Oliveira Martins	Tondela Runners	Senior Masculino	02:34:18	+01:15:38	09:39
35	1151	paulo baptista	GazelasRunningFigueira	Senior Masculino	02:34:29	+01:15:49	09:39
36	1089	Edgar Rosa	Clube Desportivo Moitense	Senior Masculino	02:36:33	+01:17:53	09:47
37	115	Tiago Lousada	Centro Vicentino da Serra de Portalegre	Senior Masculino	02:36:48	+01:18:08	09:48
38	1339	Tony de Almeida Figueiredo	Individual	Senior Masculino	02:38:09	+01:19:29	09:53
39	1345	Aurélio Saúde	Jogging Lovers Coimbra	Senior Masculino	02:38:13	+01:19:33	09:53
40	1294	Luis César Rego	Individual	Senior Masculino	02:38:45	+01:20:05	09:55
41	1247	Arnaldo Ferreira	Individual	Senior Masculino	02:38:50	+01:20:10	09:56
42	1282	João Paulo Nobre Santos Marques	Individual	Senior Masculino	02:39:07	+01:20:27	09:57
43	1342	Vitor Francisco	Individual	Senior Masculino	02:39:09	+01:20:29	09:57
44	1341	Vitor Cação	Individual	Senior Masculino	02:39:10	+01:20:30	09:57
45	1370	José António Rodrigues Sequeira	Montanha Clube Trail Running/Runners	Senior Masculino	02:40:02	+01:21:22	10:00
46	1467	Fernando Santos	Urb. Teodora Running Team	Senior Masculino	02:40:49	+01:22:09	10:03
47	1071	José Madeira	CAOH - Clube Atletico de Oliveira do Hospital	Senior Masculino	02:40:54	+01:22:14	10:03
48	1419	Sergio Santos	Pascoalitos	Senior Masculino	02:40:59	+01:22:19	10:04
49	1465	António Manuel Soares	Urb. Teodora Running Team	Senior Masculino	02:41:31	+01:22:51	10:06
50	1255	Cristóvão Ferreira Chaves	Individual	Senior Masculino	02:42:36	+01:23:56	10:10
51	1316	Pedro Alexandre Afonso Sousa	Individual	Senior Masculino	02:42:37	+01:23:57	10:10
52	1104	Diogo Torres	Coimbra Trail Running	Senior Masculino	02:43:22	+01:24:42	10:13
53	1259	Délio António Vieira Nunes	Individual	Senior Masculino	02:44:19	+01:25:39	10:16
54	1332	Rui Daniel Dinis de Melo	Individual	Senior Masculino	02:44:45	+01:26:05	10:18
55	1279	João André Oliveira Alfaia	Individual	Senior Masculino	02:45:23	+01:26:43	10:20
56	1120	Ricardo Jesus	Coimbra Trail Running	Senior Masculino	02:45:47	+01:27:07	10:22
57	1264	Fernando Pinto	Individual	Senior Masculino	02:46:03	+01:27:23	10:23
58	1047	Joel Santos	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:46:26	+01:27:46	10:24
59	1327	Ricardo Madureira	Individual	Senior Masculino	02:47:35	+01:28:55	10:28
60	1335	Rui Pedro Simões Borges	Individual	Senior Masculino	02:49:46	+01:31:06	10:37

Trail Curto

16 KM

R
REVISED

OFFICIAL RESULT

61	1254	Carlos Lopes	Individual	Senior Masculino	02:50:45	+01:32:05	10:40
62	349	Marco Ribeiro	Individual	Senior Masculino	02:50:47	+01:32:07	10:40
63	1397	Luis Baptista	O2 Life Center	Senior Masculino	02:51:00	+01:32:20	10:41
64	1469	Luis Correia	Urb. Teodora Running Team	Senior Masculino	02:51:15	+01:32:35	10:42
65	1361	Pedro Silva	Mira Q Corredores	Senior Masculino	02:51:21	+01:32:41	10:43
66	1058	Filipe Saraiva	Associação Desportiva da Efacec	Senior Masculino	02:51:44	+01:33:04	10:44
67	1296	Luís Manuel Sousa Henriques	Individual	Senior Masculino	02:51:59	+01:33:19	10:45
68	1411	Joaquim Jorge Almeida	Os Trinca Espinhas	Senior Masculino	02:52:45	+01:34:05	10:48
69	1237	Acílio Noro	Individual	Senior Masculino	02:52:46	+01:34:06	10:48
70	1178	João Rosinha	Goes Trail Running	Senior Masculino	02:53:30	+01:34:50	10:51
71	79	Rui Gonçalves	Associação Desportiva da Efacec	Senior Masculino	02:53:51	+01:35:11	10:52
72	1179	Bruno Oliveira	Healthy Fitness Gym	Senior Masculino	02:54:10	+01:35:30	10:53
73	1430	Guilherme Goncalves	Quinta da Maia Runners	Senior Masculino	02:55:05	+01:36:25	10:57
74	1069	Paulo Jorge Malaquias	C.D."Os Águias" Trail/Running	Senior Masculino	02:55:30	+01:36:50	10:58
75	1319	Pedro Ricardo Coelho Gonçalves	Individual	Senior Masculino	02:55:44	+01:37:04	10:59
76	1307	Nuno Filipe Duarte Oliveira	Individual	Senior Masculino	02:56:13	+01:37:33	11:01
77	1466	Carlos Morgado Santos	Urb. Teodora Running Team	Senior Masculino	02:57:05	+01:38:25	11:04
78	1355	José Carvalho	Louzan Team/Dental Garden	Senior Masculino	02:58:05	+01:39:25	11:08
79	1269	Gil Andrade	Individual	Senior Masculino	02:59:19	+01:40:39	11:12
80	1292	José Gil Andrade	Moutain Trails	Senior Masculino	02:59:20	+01:40:40	11:12
81	268	Cristiano Santos	Individual	Senior Masculino	02:59:51	+01:41:11	11:14
82	1331	Rui Brás	Individual	Senior Masculino	02:59:59	+01:41:19	11:15
83	1359	Sérgio Ribeiro dos Louros	Máquinas	Senior Masculino	03:00:00	+01:41:20	11:15
84	1123	Pedro Queiroz	Danatur	Senior Masculino	03:00:01	+01:41:21	11:15
85	1078	JORGE DIAS	CASA DO BENFICA CONDEIXA	Senior Masculino	03:00:23	+01:41:43	11:16
86	1409	António CasaNova	Os Trinca Espinhas	Senior Masculino	03:00:59	+01:42:19	11:19
87	1043	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	03:01:47	+01:43:07	11:22
88	1413	Nuno Filipe Oliveira	Os Trinca Espinhas	Senior Masculino	03:02:01	+01:43:21	11:23
89	1251	Bruno Loureiro	Individual	Senior Masculino	03:02:16	+01:43:36	11:24
90	1013	Mário Martins	Abutres Running Team	Senior Masculino	03:02:25	+01:43:45	11:24
91	1274	HERMENEGILDO MANUEL SOARES DIAS DOS SANTOS	Individual	Senior Masculino	03:02:26	+01:43:46	11:24
92	1423	JOÃO VALÉRIO	PSP VISEU RUNNERS	Senior Masculino	03:02:55	+01:44:15	11:26
93	1060	João Lucas	ASSS Columbófila Cantanhede - Ar livre e aventura	Senior Masculino	03:03:02	+01:44:22	11:26
94	1322	Pedro Sequeira	Individual	Senior Masculino	03:03:07	+01:44:27	11:27
95	1285	João Serrano Andrade	Individual	Senior Masculino	03:03:45	+01:45:05	11:29
96	1126	Diogo Pimenta	DCI / CCDRP - Mealhada	Senior Masculino	03:03:53	+01:45:13	11:30
97	1034	Nelson José Vaz Correia	ARCD Venda da Luísa	Senior Masculino	03:04:03	+01:45:23	11:30
98	1278	Jaime Manuel Marques Simões	Individual	Senior Masculino	03:04:15	+01:45:35	11:31
99	1289	Joaquim Firmino de Jesus Mendes	Individual	Senior Masculino	03:04:26	+01:45:46	11:32
100	1245	António Abrantes Pinto Fonseca	Individual	Senior Masculino	03:04:41	+01:46:01	11:33
101	1277	Ivo Leandro Anjos Pereira	Individual	Senior Masculino	03:04:59	+01:46:19	11:34
102	1019	JOSÉ MANUEL CASCALHO MOISES	AC PORTALEGRE / UTM	Senior Masculino	03:05:06	+01:46:26	11:34
103	1114	Nuno Tavares	Coimbra Trail Running	Senior Masculino	03:05:19	+01:46:39	11:35
104	1132	Marco Veludo	Escaravelhos Team	Senior Masculino	03:05:22	+01:46:42	11:35

